



Salsa & Soul Ltd.

Menu

1/20/2020

to

1/24/2020

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)
	Corn Flakes (1.0 oz)	Waffles WW (1 each)	Multigrain Cheerios (1.0 oz)	Blueberry Muffin (4oz)
	Apple	Pear	Banana	Peach
Lunch/Dinner				
	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)	1% Milk (1/2 pt) or Fat Free Milk (1/2 pt)
	Banana	Orange	Peach	Pear
	Green Beans (1.75 cup)	Sliced Carrots (3/4 cup)	Whole Kernel Yellow Corn (3/4 cup)	Fresh Salad (3/4 cup)
	WW Spaghetti (4oz)	(D15)Brown Rice (1/2 cup)	Lt Red Kidney Beans (3/4 cup)	Turkey & Cheese Wrap (6 oz.)
	Meatballs (2oz)	Curry Chicken (2oz)	(D15)GF Brown Rice (1/2 cup)	
AM Snack/PM Snack				
	Water (8oz) /Whole Grain Crackers (4oz)	Water (8oz)	Fruit Juice (4 oz)	Water (8oz) /Whole Grain Crackers (4oz)
	Applesauce (4oz)	Breadsticks w/ Cheese (8oz)	Goldfish Cheese Crackers(4oz)	Fruit Yogurt (4oz)

Please inform us of any food allergies the children may have